

**KEEPING FOOD COLD WILL PROLONG SHELF LIFE THROUGH THE
POWER OUTAGE**

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To prolong the shelf life of the food stored in refrigerators and freezers through the power outages caused by wind and other weather events, the Yadkin County Health Department offers the following food safety information and tips:

- *Try to minimize times you open freezer and refrigerator doors.
- *Refrigerated foods should be kept at 45 degrees or lower.
- *To extend the shelf life of refrigerated foods in the event of an extended power outage, store foods in your garage, outside or in an ice filled cooler to keep them from going bad.
- *Food kept in a closed refrigerator will keep for about 18 hours from the time the power went off.
- *Foods stored in a closed freezer will last for about 48 hours. After 48 hours, frozen foods should be cooked or thrown out.